Discovery World Trekking



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Lobuche Peak Climbing - 15 days

15 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1950
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/lobuche-peak-climbing







Lobuche Peak (6,119m/20,075ft) is a perfect introductory climb to the Himalayan peaks. Furthermore, as Lobuche peak lies in the Everest region, you will also get unparalleled views of some of the tallest mountains on Earth, including Everest and Nuptse.

TRIP FACTS

Destination	Lobuche Peak
Grade	Challenging
Activity	Peak Climbing In Nepal

PRICE

US$ 1950

per person, for 2 to 3 people

The full price is US$ 2200. You save US$ 250 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1950
4 to 7	US$ 1900
8 to 13	US$ 1850
14 to 25	US$ 1800

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- Lobuche East Peak (6,119m/20,075ft)
- Scenic flight to Lukla
- One of the world's highest airports at Syangboche (3,780m / 12.402ft)
- Views of some of the highest peaks, including Everest (8,848), Mt. Lhotse (8,516m),
- Sagarmatha National Park
- Prayer wheels, colorful flags, mani stones, high suspension bridges
- Ancient monastery in Tengboche (3,867m / 12,687ft)
- Khumjung monastery believed to house a yeti scalp
- Wildlife like musk deer, colorful pheasants, snow leopards, and Himalayan tahr

Lobuche Peak Climbing Overview

The Lobuche Peak Climbing expedition is a thrilling, high-altitude adventure that seamlessly blends technical mountaineering along the iconic Everest Base Camp trek. This journey is designed for climbers eager to progress from classic trekking to alpine climbing, culminating in the summit of Lobuche East Peak (6,119 m). Along the way, you'll experience unrivaled Himalayan panoramas of Everest, Lhotse, Nuptse, and Ama Dablam, all framed by the rugged beauty of the Khumbu Valley.

Your adventure begins with a scenic flight from Kathmandu to Lukla, followed by a gradual ascent through traditional Sherpa settlements including Namche Bazaar, Tengboche, and Dingboche, which are vital for proper acclimatization. This classic route not only prepares you for the technical challenges ahead but also offers a taste of the rich cultural heritage that defines the Everest region.

After gaining the necessary altitude experience, you will shift focus to Lobuche as you trek to Thukla and then to Lobuche High Camp at 5,400m. The technical climb on Lobuche Peak is the true highlight of this expedition. Positioned with a striking technical east face and a more accessible southeast ridge, Lobuche challenges climbers with glaciated terrain that demands proficient rope skills, cramponing, and ice axe techniques. Its strategic location provides spectacular views of the Khumbu Glacier and the expansive Western Cwm, making every moment on the climb unforgettable.

From the summit of Lobuche Peak, you can observe breathtaking 360-degree panoramic views of the surrounding Himalayan giants: Mount Everest, Lhotse, Nuptse, and Ama Dablam. You'll also have clear views of Makalu, Pumori, Cho Oyu, Thamserku, and Kangtega.

The descent retraces the classic Khumbu route, leading you back through Namche Bazaar and Lukla, before returning to Kathmandu. This well-rounded 15-day expedition provides a perfect balance of high-altitude trekking, technical climbing, cultural immersion, and awe-inspiring natural beauty—a true testament to Himalayan adventure.

Day to Day Itinerary

Day 1 Arrival at Kathmandu (1,350m), transfer to hotel.

Day 2 Official briefing/Preparation Day

Day 3 Flight to Lukla (2850m). Flight time. Approx 40 mins. Trek to Phakding (2,650m). Trek time. Approx. 3 hrs.

Day 4 Trek from Phakding to Namche Bazaar (3440m). Trek time: Approx. 6 hrs.

Day 5 Rest Day to Relax and Acclimatize at Namche Bazaar

Day 6 Trek from Namche Bazaar to Tengboche (3,855m). Trek time. Approx. 5 hrs.

Day 7 Trek from Tengboche to Dingboche (4,360m). Trek time. Approx. 5 hrs.

Day 8 Rest day and acclimatization at Dingboche

Day 9 Trek from Dingboche to Thukla (4,620m). Trek time. Approx. 3 hrs.

Day 10 Trek from Thukla to Lobuche High Camp (5,400m). Trek time. Approx. 4-5 hrs.

Day 11 Lobuche High Camp to Summit (6,119m) and back to Thukla (4,620m). Trek time. Approx. 8-10 hrs.

Day 12 Contingency/reserve day

Day 13 Trek from Thukla to Namche (3440m). Trek time. Approx. 6-7 hrs.

Day 14 Trek from Namche to Lukla (2,850m). Trek time. Approx. 6-7 hrs.

Day 15 Fly from Lukla to Kathmandu (1,350m). Flight time. Approx. 40 minutes.

Lobuche Peak Climbing Itinerary

DAY 1

Arrival at Kathmandu (Tribhuvan International Airport-TIA) (1,350m/4,450ft), transfer to hotel.

Highest Altitude 1,350m/4,450ft

You will arrive at Tribhuvan International Airport in Kathmandu and find our company representative holding a pamphlet with your name on it. After greeting you, our representative will present you with a garland as a welcome gesture and then take you to your hotel in a private vehicle.

Overnight stay at your hotel

DAY 2

Official briefing/Preparation Day

Highest Altitude 1,350m / 4,450ft

If you have not participated in the online trip briefing, we will conduct an official in-person briefing on this day. During the briefing, we will recheck your luggage to ensure you have packed all necessary items. Your instructor will also provide vital information, answer your queries, and motivate you. You can use the rest of the time to explore Kathmandu Valley. We suggest you visit UNESCO heritage sites such as Pashupatinath Temple, Swaymbhu Nath, and Durbar Squares.

Overnight stay at your hotel

DAY 3

Flight to Lukla (2850m/9,350ft) ¾ hr, trek to Phakding (2,650m / 8,690ft) – 3 hrs

Trek Distance 6.2km / 3.8miles Flight hours 40 Minutes Highest Altitude 2,850m / 9,350ft.
Trek Duration 3 hours

The trekking starts on the third day. Early morning, after breakfast, we will take you to the Tribhuvan International Airport for a scenic flight to Lukla. Lukla is the gateway to the Khumbu region (Everest region), and as you reach Lukla, you will find yourself transported in a unique landscape with towering snow peaks surrounding you. After deboarding at Lukla, you will trek to Phakding.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 4

Trek from Phakding (2,650m / 8,690ft) to Namche Bazaar (3440m / 11,285 ft) - 6 hrs

Trek Distance 7.4km / 4.6 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

After spending a night at Phakding, the following morning, we will take you to Namche Bazaar. It is the largest settlement in the Everest region and is also known as the gateway to Everest. While on the way, you will trek along the northern banks of Dudh Koshi River, cross several suspension bridges eventually reach the Sagarmatha National Park. At the **Sagarmatha National Park check post** we will register our permits and head into the forest. From the trails that pass through the forest, you can get the first glimpses of mount Everest.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 5

Rest Day to Relax and Acclimatize at Namche Bazaar (3,440m / 11,285 ft)

Highest Altitude 3,440m / 11,285ft

You will have gained substantial height by reaching Namche Bazaar, so it is a good idea to acclimatize and relax at Namche Bazaar. Namche Bazaar is full of bakeries, internet-linked cafes, and restaurants, along with all sorts of shops, including those that sell mountaineering gear and equipment. You will also have the option to visit the Sherpa villages of Khunde and Khumjung. If you want to see mount Everest some more, you can choose to trek to the Everest View Hotel.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 6

Trek from Namche Bazaar (3,440m / 11,285 ft) to Tengboche (3,855m / 12,850ft) - 5 Hours

Trek Distance 9.2km / 5.7miles Highest Altitude 3,855m / 12,850ft Trek Duration 5 hours

After breakfast, you will leave Namche Bazaar and head towards Tengboche. The trails are full of ups and downs that will exhaust you, but the views will reward you amply. As you pass through the forests, you might get glimpses of wildlife, such as musk deer, pheasant, and Himalayan tahr. Up ahead on the trail lies Phunki Thenga, and after **Phunki Thenga, you will reach Tengboche**. If we reach Tengboche early, we will trek forward to reach Deboche to spend the night.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 7

Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft) - 5 Hours

Trek Distance 12km / 7.45miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

From Tengboche, we trek ahead to reach Dingboche, passing through Pangboche village. As you tread forward, you will witness several chortens, mani walls, and other high-altitude settlements. The views of Ama Dablam from this path look absolutely stunning. The trails are quite demanding, but as you enter Imja Valley, you will get some relief just before tackling the steepest trail that reaches Dingboche. Dingboche is famous for its farmlands lined with stone walls to protect crops from cold and also wild animals.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 8

Rest day and acclimatization at Dingboche (4,360m / 14,290ft)

Highest Altitude 4,360m / 14,290ft

You will be acclimatizing for the second day at Dingboche, as you would have achieved a substantial height. We will suggest ways to **acclimatize and make the most out of the day at Dingboche.** However, we recommend you hike to a ridge above Dingboche to enjoy the views of several snow-capped mountains like Lhotse, Ama Dablam, Cho Oyu, Island Peak, and Makalu.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 9

Trek from Dingboche (4,360m / 14,290ft) to Thukla (4,620m / 14,210ft) 3 hours

Trek Distance 5km Highest Altitude 4,620m / 14,210ft Trek Duration 3 hours

Today's trek will be comparatively shorter. After a hearty breakfast, we leave Dingboche and head to Thukla. The classic Everest Base Camp Trek continues to Lobuche from Thukla, but we will be staying at Thukla. Thukla lies at the bottom of the hill, and the trails are not that difficult. A short walk to Thukla means you will have plenty of time to acclimatize.

Overnight stay at a local lodge
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 10

Trek from Thukla (4,620m / 14,210ft) to Lobuche High Camp (5,400m / 17,712ft): 4-5 hours

Trek Distance 3.5km / 2.2miles Highest Altitude 5,400m / 17,712ft Trek Duration 4-5 hours

After breakfast, you will leave Thukla and head north toward **Lobuche High Camp.** The Lobuche High Camp is at 5,400m, and you will gain a substantial height. Upon reaching the Lobuche High Camp, your climbing leader will instruct you on the techniques to use gear and equipment like an ice ax, climbing boots, crampons, ascenders, harnesses, etc.

Overnight stay at a tent camp
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 11

Lobuche High Camp to Summit (6,119m / 20,070ft) and back to Thukla (4,620m / 14,210ft): 8-10 hours

Trek Distance 6.5km / 4.03miles Highest Altitude 6,119m / 20,070ft Trek Duration 8-10 hours

Weather permitting, this will be your biggest day as you leave Lobuche High Camp and head towards the summit with our Sherpa Climber leading the path. To avoid the afternoon wind, you will be climbing in the morning. From the **top of Lobuche,** you can get glorious views of some of the tallest mountains, including **Everest (8,848m), Lhotse (8,516m), Nuptse (7,861m), Pumori (7,161m), Ama Dablam (6,812m)**, and **Cholatse (6,440m).** After savoring the views, you will return to Thukla to spend the night.

Overnight stay at a local lodge
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 12

Contingency/reserve day

We have allocated one extra day for this trip to account for unfavorable weather. If you couldn't climb to Lobuche East Peak yesterday, we will head for the peak on this day. Else, you will just rest and enjoy the views at Base Camp or Thukla.

Overnight stay at a local lodge
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 13

Trek from Thukla (4,620m / 14,210ft) to Namche (3440m / 11,285 ft) – 6-7 hrs

Highest Altitude 4,620m / 14,210ft Trek Duration 6-7 hrs

After successfully summiting Lobuche, it is now time to return. There is no need for you to worry about more uphill climbs. It is time to descend. From Thukla, you will head towards Namche, passing Pheriche, Pangboche, and Tangboche. The trek will be a bit longer, but it is an easier trek day.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 14

Trek from Namche (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft) 6-7 hrs

Trek Distance 13.5km / 8.3miles Highest Altitude 3,440m / 11,285ft Trek Duration 6-7 hrs

Today will be your last day in the trek region. You will leave Namche after breakfast and return to Lukla, where the your trek started. First, you will walk down to Dudh Koshi Valley and pass the beautiful village of Toktok before entering Lukla

Overnight stay at Comfort Inn
Included standard meals (Breakfast+ Lunch+ Dinner)

DAY 15

Fly from Lukla (2,850m / 9,350ft) to Kathmandu (1,350m / 4,450ft)

Flight hours 40 Minutes Highest Altitude 2,850m / 9,350ft

After breakfast, you will leave Lukla and return to Kathmandu on a flight lasting for about forty minutes. We hope your flight will be comfortable as you relive the memories that you made in the Everest region. The whole experience might have changed you into a better person. Your trek ends in Kathmandu.

On the day you depart to your home country, we will transfer you from your hotel to Kathmandu's Tribhuvan International Airport.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Airport to hotel transfer during arrival and hotel to airport transfer during departure (Tribhuvan International Airport)
- Both ways flight (Domestic) Kathmandu, Lukla

Accommodation

- 12 days of tea house/lodge/tent camp accommodation during the trek

Food

- Standard full-board meals (Breakfast, Lunch, and Dinner) with one main course per meal. Total - 13 breakfasts, 12 lunches, 12 dinners

Guide and Support Staff

- Our experienced and licensed climbing Sherpa guide
- Porters (1 porter per 2 trekkers) for carrying gear/luggage during the trek. (We cover the porters' meals, lodging, salary, transport, insurance, equipment, and other essentials.)
- Tent and camping staff with the kitchen crew.

Trek Permit and Expenses

- Sagarmatha National Park entry fees
- Lobuche Peak climbing fees
- Khumbu Pasang Lhamu Rural Municipality Permit

Other Facilities

- Sleeping bag and down jacket for the trek

Medical Assitance

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Arrangement of emergency rescue (funded by travel insurance)

Farewell

- Discovery World Trekking Certificate of climb completion
- Farewell Dinner at Kathmandu after trip completion

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs and taxes

Accommodation

- Accommodations in Kathmandu

Food

- Meals (Breakfast, Lunch, and Dinner) in Kathmandu

Guide and Support Staff

- Tips for guides and porters

Visa

- On-arrival Nepal entry visa fees at Tribhuwan International Airport

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses - laundry, telephone calls, beverages (hot (tea, coffee), cold and alcoholic drinks), and snacks
- Personal clothing and gear

Other Expenses

- Extra cost due to itinerary modification for safety concerns, illness, change of government policy, political instability raises strike, etc
- Extra shower fees at lodges along the trail, battery recharge fees, and incidental expenses along the trail

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing Checklist

We recommend you **carry the minimum clothing and accessories** needed for the trip. We will assign porters to carry your luggage, but your luggage weight limit is 9 kg. We provide one porter for every two trekkers/climbers, and our porters will not carry more than 18 kg of luggage. Although individual clothing preferences may differ, here is a list to help you pack. Remember that you can buy equipment in Kathmandu. Make sure to have the **right size of gear**.

Gear for Lobuche East Peak Climbing

- Ice ax, for sure!
- Climbing harnesses to secure you to a rope or an anchor point during peak climbing.
- Screwgate karabiners - to be 100% sure knots don't pop open
- Crampons - a traction device that will be attached to your footwear to improve mobility on snow and ice during ice climbing on Lobuche peak
- Tape slings- an essential part of a climber's kit to wrap around the section of rock and hitch to other pieces of equipment
- Figure 8 Descender to use it as a zip flyer, either on friction mode or smoothie mode.
- Rope
- Ice hammer

- Ice screw
- Snow bar
- Helmets
- Ascender/Jhumar
- Plastic mountaineering boots

Head

- Sun hat or scarf
- Winter hat or insulating hat, or wide-brimmed hat
- Sunglasses with UV protection
- Headlamp with extra bulbs and batteries
- A warm hat that covers your ears (wool or synthetic, which will keep you warm)
- Headscarf (can be used in dusty conditions)
- Prescription sunglasses (if you have medical prescriptions)

Face

- Sunscreen
- Sunglass with UV protection
- Face/body wipes

For Hands

- A pair of mittens containing a Gore-Tex over-mitt matched, waterproof, polar-fleece mitt liner
- A pair of lightweight fleece gloves (or wool)
- A pair of lightweight poly-liner trek gloves

Sleeping

- Rucksack and travel bags
- One medium rucksack or one large duffel bag
- One sleeping bag 30 degrees DC
- Fleece sleeping bag liner
- Daypack/backpack of 50 liters max for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- Two large waterproof rucksack covers (if you need them)

Body (Upper-Lower)

- Hiking shirts
- Long-sleeved shirt

- Hooded rain jacket
- Fleece jacket
- Lightweight cotton pants
- T-Shirt (bring Lightweight wool)
- Polypropylene underwear
- Expedition grade down jacket (available for rent in Kathmandu)
- Sweater
- Waterproof jacket and pants
- Liner gloves for tying knots
- waterproof stuff sacks to keep your clothing dry
- A pair of hiking shorts, trousers, lightweight thermal bottoms
- A pair of fleece or woolen trousers
- Thick thermal merino bottoms (Icebreaker 200, Odlo Revolution Thick)
- Polar fleece trousers or similar mid-layer trousers
- Gore-Tex (over)trousers or bibs. Waterproof/breathable with full side zips
- Goose-down trousers or bibs or a down suit
- A pair of breathable fabric, waterproof shell pants
- Non-cotton undergarments

Footwear

- Hiking boots
- Thick wool socks (Take an extra pair of thick light socks)
- Two pairs of heavy poly or wool socks
- A pair of hiking boots with spare laces (sturdy soles, water-resistant, ankle support
- Gaiters
- Cotton socks
- Gore-Tex hiking boots with ankle support
- A pair of trainers or running shoes, and/or sandals
- Two pairs of thin, lightweight inner socks

Essentials

- Thermal bottle
- Water purification
- Trekking pole
- Backpack or daypack (Size depends on whether you take a porter or not).
- Sleeping bag (-15 bag is best in the high altitude trekking)

Toiletries

- Biodegradable bar soap
- Nail clippers
- Small mirror
- Medium-size drying towel
- Toothbrush
- Toothpaste
- Deodorant floss
- Multi-purpose soap (must be biodegradable)

Medical Needs

- Anti-diarrhea, and headache pills
- Cough and cold medicine
- Anti-altitude sickness pills: Diamox or Acetazolamide
- Stomach antibiotic: Ciprofloxacin, etc.
- personal simple and light first-aid kit
- First-aid tapes and plasters
- One skin-blister repair kit
- Water purification tablets or the water filter
- One set of earplugs
- Extra pair of prescription glasses or contact lens supplies

Personal accessories

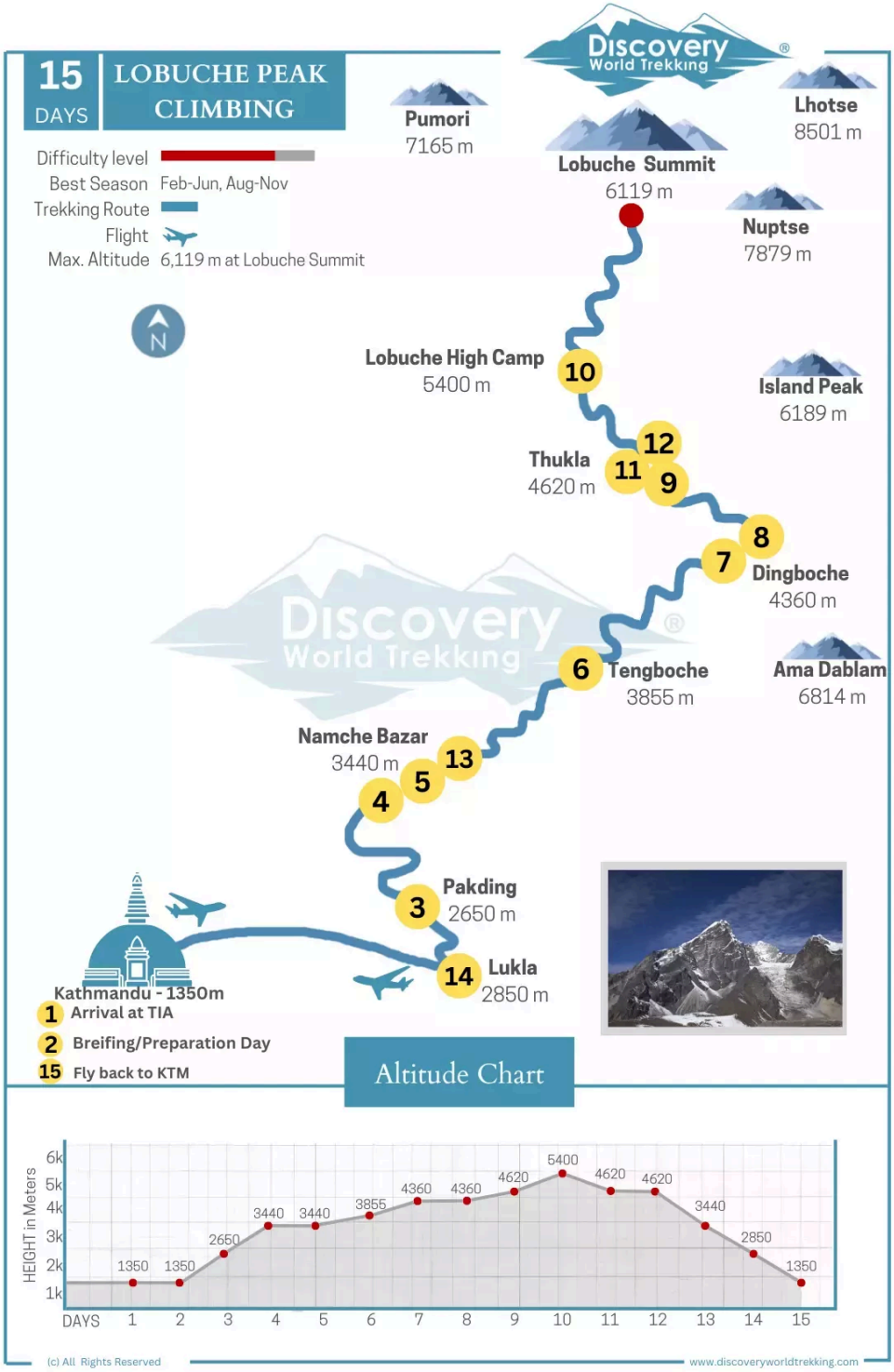
- Money
- Watch
- Cell phone
- Camera

Extra items

- Extra passport photos and photocopies of passport
- Tissue /toilet paper roll
- Anti-bacterial handwash
- Reading book
- Trail map/guidebook
- Notebook and pen (if you want to write your moments)
- A modest swimsuit

- A Voltage converter (from 220 to 110 amperes)
- Lightweight pillowcase (optional)
- Notebook and pen
- Binoculars
- Nail clippers
- Face and body moisturizer
- Female hygiene products for female
- Small mirror
- Personal Hygiene
- Wet wipes (baby wipes)

Route Map


15 DAYS
LOBUCHE PEAK CLIMBING
Difficulty level
Best Season Feb-Jun, Aug-Nov
Trekking Route
Flight
Max. Altitude 6,119 m at Lobuche Summit
Discovery World Trekking
Pumori 7165 m
Lhotse 8501 m
Lobuche Summit 6119 m
Nuptse 7879 m
Lobuche High Camp 5400 m
Island Peak 6189 m
Thukla 4620 m
Dingboche 4360 m
Tengboche 3855 m
Ama Dablam 6814 m
Namche Bazar 3440 m
Pakding 2650 m
Lukla 2850 m
Kathmandu - 1350m
1 Arrival at TIA
2 Breifing/Preparation Day
15 Fly back to KTM
Altitude Chart
HEIGHT in Meters
DAYS
1350 1350 2650 3440 3440 3855 4360 4360 4620 5400 4620 4620 3440 2850 1350
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Trip Notes

Free airport pickup

When you arrive at Tribhuvan International Airport in Kathmandu, you will find our **company representative holding a pamphlet with your name** on it. After greeting you, they will present you with a garland as a welcome gesture and take you to your hotel in a private vehicle. We provide this service because we do not want you to face navigation problems in a foreign country.

Getting to the Lobuche Peak climbing region

After you arrive in Kathmandu, if you have not completed the online trip briefing, you will participate in an in-person trek briefing. During the briefing, we will provide vital information about the trek and recheck your luggage to ensure you have packed all the required gear and equipment. On the trip departure day, we will take you to **Tribhuvan International Airport for a flight to Lukla** — the region where Lobuche Peak lies. The flight will take around 40 minutes. Once you land in Lukla, you'll find yourself in a completely new and unique environment, surrounded by high peaks.

Accommodations During the Lobuche Peak Climbing

You will be spending **12 nights in the trek region** — Phakding, Namche Bazaar (3N), Tengboche, Dingboche (2N), Thukla (3N), Lobuche High Camp, and Lukla. All rooms are on a twin-sharing basis, and most accommodations offer attached bathrooms.

You will need at least three nights of hotel accommodation in Kathmandu — two before the trip and one after the trek — but this **Lobuche Peak package** does not include those stays. Kathmandu has a wide range of hotels catering to different budgets and preferences, and we want you to have the freedom to choose where you stay.

The Meals

Meals During the Lobuche East Peak Climb

We understand that reaching and climbing Lobuche East is physically demanding, so proper nutrition is essential. Throughout the trip, we will provide you with plenty of **nutritious, hygienic, and tasty meals**. We hand-select tea houses and lodges that serve the best available food in the trekking region.

As you gain altitude, food options become more limited and expensive. The menus typically include local, Asian, and Western dishes. To stay healthy and properly acclimatized, we recommend drinking plenty of fluids such as green tea, lemon tea, ginger tea, hot lemon, and especially garlic soup. We also advise eating fresh vegetables and **avoiding meat products** due to uncertain quality in higher altitudes.

During the trek, we will provide you with **13 breakfasts, 12 lunches, and 12 dinners**.

Popular Food Options:

Breakfast: Eggs, pancakes, muesli, breads, fruits, oatmeal, corn flakes, French toast with jam, butter, cheese, honey, Tibetan bread or chapati, local tsampa porridge, vegetables, and hot drinks (varieties of teas, coffees, hot chocolate).

Lunch: Dal Bhat (lentil soup, rice, and vegetables), macaroni dishes, tenduk, spaghetti, noodles, thukpa, pasta, vegetable curry, Tibetan bread, various soups, Sherpa stew, steaks, sandwiches, momo (dumplings), potatoes, vegetable salad, pizza (tomato, mushroom, mixed), snacks (papad, prawn), and desserts like rice pudding and apple pie.

Dinner: Similar to lunch: Dal Bhat, soups, Sherpa stew, steaks, sandwiches, momo, potato dishes, Tibetan bread, pasta, noodles, thukpa, tenduk, vegetable curry, mixed salads, pizzas, Korean ramen, snacks, and dessert options.

Note: We recommend avoiding dairy products, alcohol, caffeinated drinks, and hot chocolates, especially at higher elevations.

Best time for Lobuche East climbing

Best Time to Climb Lobuche East Peak

The best time for **Lobuche East Peak climbing** depends largely on weather conditions. While weather forecasts are available for the Everest region, they can be unreliable due to the ever-changing climate at high altitudes.

Although trekking in the Everest region is possible year-round, clear skies and stable weather during certain months make the journey more comfortable and enjoyable. **Spring (March–May)** and **autumn (September–November)** are widely considered the best seasons for Lobuche East climbing.

These seasons offer ideal temperatures, minimal precipitation, and crystal-clear mountain views from dawn to dusk. Here's a month-wise breakdown of seasonal conditions:

January to February

This is the coldest time of year, with heavy snowfall, especially in January. **We do not operate climbs in January** due to extreme conditions. However, late February sees clearer skies and slightly warmer days, making it a possible window for experienced climbers who can handle the cold.

Temperature: 15°C to -15°C

March to April

One of the best periods for climbing. The days are warmer, and nature comes alive as the snow begins to melt. Expect breathtaking views of snow-capped peaks, glaciers, and blooming flora. Visibility is excellent, making it a favorite season among climbers.

Temperature: 18°C to -12°C

May to June

The weather remains favorable for climbing until the monsoon season starts around mid-June. The blend of spring freshness and early summer warmth makes this a very pleasant time to trek.

Temperature: 25°C to -5°C

July to August

The monsoon season is in full swing. Trails are wet, muddy, and slippery, and flights to and from Lukla are frequently delayed or canceled. **We do not operate climbs during July and August** due to safety concerns.

Temperature: 27°C to 5°C

September to October

This is **the peak season** for Lobuche East climbing. As the monsoon ends, crisp air and vibrant skies return. Days are warm, and nights are cool, with little to no rain. These months are also festive in Nepal, featuring major celebrations like Dashain, Tihar, and Chhath.

Temperature: 20°C to 5°C

November to December

November offers another great climbing window with cool, clear days. However, snow begins to accumulate by December, making conditions harsher. **We do not operate climbs in December** due to winter's onset.

Temperature: 18°C to -10°C

Acclimatization during Lobuche Peak Climbing

Acclimatization and Health Safety

Our **Lobuche Peak** climbing package is designed with dedicated acclimatization days to help you adjust to the high altitudes. Proper acclimatization is essential for minimizing the risk of altitude sickness, which is common at high elevations. While most trekkers experience mild symptoms, severe altitude sickness can be life-threatening and requires immediate treatment.

We strongly recommend that you have comprehensive insurance for your Lobuche Peak climb. This insurance will cover any medical emergencies, including the cost of emergency evacuation.

You will have **two key acclimatization stops** during the trek: Namche Bazaar and Dingboche.

Namche Bazaar

Namche Bazaar is a vibrant Sherpa town and a perfect place for acclimatization. It offers a variety of amenities, including cafes with Wi-Fi, restaurants, bars, bakeries, and shops where you can buy trekking gear or souvenirs. On your acclimatization day, feel free to explore the town or take a short trek to nearby Sherpa villages like Khunde and Khumjung.

Dingboche

The second acclimatization stop is Dingboche, a picturesque village offering stunning views of Lhotse, Ama Dablam, Cho Oyu, Island Peak, and Makalu. Dingboche is also home to one of the world's highest internet cafes. Enjoy the breathtaking scenery while giving your body the time it needs to adjust to the altitude.

Our experienced trekking guides are trained in first aid and are well-versed in handling altitude sickness. Your health and safety are our top priority. In case of severe altitude sickness, immediate descent is necessary. If needed, we will arrange a helicopter rescue, which will be covered by your insurance.

If anyone in your group feels unwell or injured, your trek leader will assess the situation and make the best decision to ensure the safety of the team—whether that means continuing the trek or descending immediately.

Trip Grade Medical and Health

Lobuche Peak Climbing

Lobuche East Peak Climbing is **a challenging yet rewarding trek/climb**. You will be trekking for 5 to 7 hours each day, depending on the destination, with regular breaks to enjoy the views. As with any trek or mountain climb, your level of fitness will directly affect how much you enjoy the experience. While prior trek or climbing experience is helpful, it is not required. However, if you have heart, lung, or blood conditions, we recommend consulting your doctor before booking.

Private Climbs

We organize **private climbs/treks only** and do not add other trekkers to your group. The larger your group, the more discount you can receive. We accommodate all group sizes, and for groups larger than 11 trekkers/climbers, we add an assistant guide for added support.

Electricity and Water During the Trek

All lodges on the way to Lobuche Peak have electricity, allowing you to charge your devices like cameras and cell phones. Please note that you may need to pay a small fee for this service.

You can purchase bottled mineral water from local lodges and en-route shops, but we recommend carrying a refillable water bottle. You can fill it with boiled water from tea houses or lodges. We can also provide water purification pills if you'd like. We strongly advise against drinking water directly from local rivers, taps, or wells, as it may not be safe.

A Typical Day

Each day brings new, exciting experiences, from stunning landscapes and photo opportunities to exploring new places and trying local foods. Your trekking guide, climbing Sherpa, and porters will accompany you to ensure a comfortable and enjoyable journey.

Your day starts with an early breakfast, followed by a trek that begins at a time depending on the length of the day's journey and trail conditions. You'll have lunch around midday, often at a midway point on the trail. After lunch, you'll take a rest for about an hour before continuing for a shorter afternoon trek, typically 2 to 3 hours.

Upon reaching your destination for the day, you can snack on any extra food you brought and explore the area. Dinner will be served around 7 PM, and after eating, your trek/climbing leader will brief you on the plans for the following day. Afterward, you'll have free time to relax, play games like cards, Monopoly, or chess, read books, or chat with fellow trekkers. Many guests also enjoy learning a few fun Nepali words from our crew before heading to bed.

During the climbing days, the schedule may vary due to weather conditions, route challenges, and the climber's pace. Your climbing Sherpa will ensure you are safe and will make adjustments as needed. In tougher sections of the climb, the Sherpas will secure new ropes for safety.

Communication During the Trip

Throughout your Lobuche Peak climb, you can stay connected with friends and family via the internet service available at the tea houses and lodges along the route. However, a small fee may be required for this service. At higher altitudes, mobile phones will be used for communication. Discovery World Trekking stays in contact with the trekking teams at least once a day through the trek leader.

If you wish, you can purchase a local SIM card in Kathmandu. Keep in mind that mobile signal strength may be weak at higher altitudes, depending on the service provider.

Extra personal expenses during the trek/climb

Though the **Lobuche Peak Climbing** package covers most costs during the trip, it does not cover all costs. Meals and accommodations in Kathmandu before and after the trek/climb are not covered, as there are plenty of hotels/lodges to suit most tastes and budgets. We do not want to restrict your preferences.

Moreover, **you will need to bring money** for several things such as visa processing, travel insurance purchase, beverages (hot (tea /coffee), cold and alcoholic drinks), souvenirs, snacks, tips to crew members, etc. We estimate that you will need USD 10 to 20 per trekking day for personal expenses.

Lobuche East Peak Climbing Travel insurance

The trip grade for **Lobuche peak** climbing is the most challenging, and the trek/climb comes with certain risks associated with high-altitude journeys, such as potential altitude sickness. The weather in high altitudes can change quickly, making treks more difficult. Hence, adequate insurance is compulsory for Lobuche East Peak Climbing.

All climbers must provide a copy of their insurance before departing for the trek. The insurance must cover helicopter rescue up to 6,000m, in addition to treatment costs. It is important because trek regions do not have adequate health treatment centers. So, in case of a health emergency, we might need to transport you to Kathmandu.

If you need, we can recommend insurers based on our previous clients' experiences. However, we do not sell insurance in any shape or form. We request trekkers provide their detailed insurance information after booking the trek. In emergencies, we will use your insurance certificate and other informational documents for rescue.

Passport and visa Info

Visa Information

All foreigners, except Indian citizens, must acquire a visa to enter Nepal. Citizens from most countries are **eligible for an on-arrival visa** at Tribhuvan International Airport in Kathmandu or at immigration checkpoints along the Nepal-India and Nepal-Tibet borders.

To apply for a visa, you will need the following:

- A passport with at least six months of validity
- Visa fees
- A passport-size photo

The current visa fee is USD 50 for a 30-day stay. Citizens from SAARC countries (India, Bangladesh, Bhutan, Sri Lanka, Pakistan, and the Maldives) and China can obtain a free visa, although some limitations apply. Children under 10 years old can obtain a free visa as well.

Citizens of the following countries—Nigeria, Ethiopia, Iraq, Palestine, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, and Afghanistan—may not be eligible for an on-arrival visa. If you're from one of these countries, please contact your local Nepali embassy for assistance.

The Nepal government reserves the right to change visa rules without prior notice. For the most up-to-date visa information, please visit the official Nepal Immigration website: www.immigration.gov.np.

Money Exchange

Nepal's currency is the Nepali Rupee (NPR), and the current exchange rate is approximately **1 USD = ~130 NPR**.

You can easily exchange foreign currencies at banks and legitimate money exchange counters in Kathmandu and Thamel. These exchanges display their rates publicly. Some hotels may also offer currency exchange for small amounts. If you're carrying Indian Rupees, ensure you only have INR notes of 100 and 2,000 denominations, as these are the only ones accepted in Nepal.

Although traveler's cheques offer security, **we recommend bringing cash and exchanging it at money exchange offices**. Banks charge a commission of 4% or more for currency exchanges.

ATMs are widely available in Kathmandu and are open 24/7. However, there is a fee of Rs. 500 to withdraw up to Rs. 35,000 using a foreign card.

It is advisable to exchange your currency in Kathmandu, as there are no currency exchange facilities in trekking regions, and locals only accept Nepali Rupees. We estimate you will need around USD 10 to 20 per trekking day.

How much luggage can I bring to Lobuche East Peak Climbing?

Our package includes the cost of porters to carry your luggage, but **your luggage weight limit is 9 kg** per person. We will assign one porter for every two trekkers, but we do not allow our porters to carry more than 18 kg of luggage. If needed, we can provide one porter per person. We advise you to bring only the bare essentials on the trek. Excess luggage can be stored at your hotel or Discovery World Trekking's storage facility free of charge during your hike. We will confirm your luggage during the trek briefing to ensure that you have packed all essential items.

Lobuche East Peak Climbing Safety

Safety is our utmost concern. We guarantee client safety, security, and satisfaction. To ensure safety, we carry all necessary gear, equipment, and first aid kits, using only the best available equipment. Our guides and leaders are extensively trained in first aid.

You will climb with a Sherpa guide who has summited Lobuche Peak multiple times. If any team member falls ill due to altitude, the trek leader will decide whether to continue the trek or descend immediately. For group safety, we will trek/climb together.

Responsible Travel

We are committed to protecting the environment from the adverse effects of tourism. Unsustainable tourism harms both tourists and locals in tourist regions. Discovery World Trekking works with the Kathmandu Environmental Education Project (KEEP) to organize **eco-friendly, sustainable, and fulfilling treks** that benefit both travelers and local communities.

We ensure proper waste disposal and encourage trekkers to manage their waste responsibly. We also take special care to conserve water and avoid pollution. We encourage our clients to bring reusable water bottles instead of purchasing bottled water. Our goal is to leave the campsites in better condition than when we arrived.

Discovery World Trekking Crew

During Lobuche East Peak Climbing, our local, licensed, and well-experienced guides/Sherpas will ensure your journey is pleasant, comfortable, and memorable. We assign one porter for every two trekkers, with a combined luggage weight limit of 18 kg. If your group is 12 or more, we add an assistant guide to ensure adequate support.

Our **crew members are from the remote high Himalayas** and are fully at ease in the high-altitude environment. We take care of our staff's well-being, including their insurance, food, clothing, lodging, and medical care when necessary. We believe that only happy staff can ensure happy trekkers.

Our professional guides hold the following certifications:

- Government-authorized Trekking Guide Training Certificate
- Fluency in English and other major languages (Spanish, Japanese)
- Wilderness First Aid Training Certificate
- Conservation and biodiversity training
- Rock climbing experience

Tipping

Tipping is not part of our employees' wages but is a common practice in Nepali society as a recognition of good service. We recommend tipping collectively at the end of the trek, considering the duration, trip cost, and quality of service provided.

Booking and Payment Process

Discovery World Trekking is a **government-authorized, licensed, and bonded trek and tour operator** with over a decade of experience. We are also members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA), so you can book with confidence.

To confirm your booking, we require a 10% deposit of the trip cost. You can pay this via bank transfer, Wise, or online. The remaining balance is due upon arrival in Kathmandu and can be paid in cash, by bank transfer, using credit cards, or via Wise. We will email you the cost details and available payment methods.

Within a week of booking, please send us the following documents: a passport copy, passport-size photos, travel insurance policy, and your arrival and departure flight details. Since flights to Lukla are limited and in high demand during trekking seasons, we recommend booking them in advance.

Trip Extension

If you'd like to stay a few extra days in Nepal after completing the Lobuche East Peak climb, we can arrange activities tailored to your preferences. Popular options include a Kathmandu Valley tour, Nagarkot view trip, Chitwan jungle safari, paragliding, rafting, and canoeing.

Feedback

After the Lobuche East Peak Climb, Discovery World Trekking will host a **farewell dinner in Kathmandu**. Following dinner, we will present you with a trek/climbing achievement certificate (hardcopy). We encourage you to share your feedback after dinner, as your comments will help us improve our services.

Useful Info

We recommend adding two extra days to your itinerary to ensure you have enough time to return home without missing your international flight. Domestic flights to and from Lukla are often delayed, so having a buffer is important. If delays occur, we can arrange helicopters for an additional cost of USD 500 to 1000, depending on demand and helicopter capacity. If there are no delays, we can help arrange fun activities for you.

Please Note: While Lobuche East Peak Climbing has fixed departure dates from Kathmandu, we can accommodate your scheduling requests. If the fixed dates don't suit you, let us know, and we'll arrange a trek/climb at your convenience.

The above itinerary is a general guideline and may be adjusted due to unforeseen circumstances such as bad weather, inaccessibility, unavailability of lodging, or governmental regulations. In such cases, you cannot hold us accountable for delays or other changes. If the itinerary needs adjustment, your guide will decide in consultation with the group, prioritizing the safety and interests of the team as a whole.

Discovery World Trekking

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